

Hatha Yoga I

This traditional style Hatha Yoga class is ideal for both the complete beginner as well as experienced beginner. The class focuses on a steady energy flow through several asanas. Class includes breathing techniques, deep relaxation and meditation.

for information contact: KathyLennhoff@aol.com



Classes take Place @
the Damascus Community Center



COURSE #: 350569 TUESDAYS 7 PM-8:15 PM Beginning APRIL 9th

COURSE #: 350570 THURSDAYS 10:15 AM-11:45 AM Beginning APRIL 11th

8 sessions for \$88

Register online at montgomerycountymd.gov/rec

Individuals with Disabilities are encouraged to register for Montgomery County Recreation Programs. MCR is committed to compliance with the Americans with Disabilities Act (ADA). To facilitate inclusion, interpreters, Large Print and auxiliary aids may be requested. Early notification allows us more time to put the accommodations in place.

Contact a Therapeutic Recreation Specialist at 240-771-6870 or rec.mainstream@montgomerycountymd.gov.



MONTGOMERY COUNTY
Recreation